



Indoor Air Quality Fact Sheet

Poor indoor air quality comes from many sources. It can lead to suffering from lung diseases such as asthma. It can also cause headaches, dry eyes, nasal mucus, nausea and tiredness. People who already have lung problems have a greater chance of having these symptoms.

Common Indoor Air Pollutants

- Molds
- Pollen
- Dander from pet fur
- Secondhand smoke
- Formaldehyde
- Fumes emitted by imported drywall
- Carbon monoxide that comes from burning propane, other gases and fuels, and charcoal
- Household products such as cleaners and pesticides

How to Improve Indoor Air Quality

- Open windows or run air conditioning or ventilation systems to bring in fresh air.
- Clean to get rid of dust and pet fur.
- Fix water leaks to help keep mold away.
- Use bug spray only when absolutely necessary.
- Do not smoke inside.
- If you see or smell mold, clean it up with detergent and water or a mix of no more than 1 cup of bleach mixed with 1 gallon of water. Never mix bleach with ammonia.
- If you smell gas, do not light any flames or sparks and leave the building right away.

If you think poor indoor air is making you sick, please see or call a doctor.